

# The Fort Huachuca Scout®



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March 3, 2005



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# Warrior Logic: Training takes a new twist

BY SPC. CREIGHTON HOLUB  
SCOUT STAFF

After a long ruck march to strike camp at a forward operating base, we camped for the night. Early the next morning we moved into the deadliest town of Lawtonia: Strykerville.

My platoon, the Wolverines, went to reinforce the other units already there, and we quelled the remnants of the insurgency. After the initial attacks, the action died down for several hours.



“America!” one of the locals shouted in an Arabic accent. “America! Why have you put my brother with the Latvian?”

The quick reaction force was called out to the prisoner of war and civilian holding area as the locals protested their relatives being held with people of different ethnic groups.

Another week of field training was over later the next day. The Strykerville range cadre, who played the roles of the locals and the insurgents, reviewed our training before the final ruck march back to the battalion area.

The Army is transforming its training to keep up with today’s conflicts. When I started basic training in April last year, my unit was part of a pilot program that consisted of the Army’s “immersion” program of instruction. There, the unit spent 23 days in the field. The old version of basic training, by contrast, only had four days of field training.

One of the reasons the Army has changed the initial entry training was to better prepare troops for the modern battlefield.

The drill sergeants in basic combat training told us that the Army was stopping units en route to Iraq and Afghanistan and training them on the same subjects that all new Soldiers are now learning when they start their military careers.

During our common task training, a few of us Fort Sill boot camp graduates got on the same squad because we realized we had an upper hand over the Soldiers who completed the “old” version of boot camp that was still in use at Fort Jackson at the time.

In today’s training environment, fancy ceremonial

drills take a back seat to in-your-face tactical training. Soldiers are learning advanced techniques such as clearing rooms and buildings, convoy operations, traffic control point operations, recognizing improvised explosive devices and reacting to them, dealing with hostage situations, urban combat operations and basic media affairs training, according to the Army’s Training and Doctrine Command.

The series of changes to initial-entry training is the biggest shake up of the standard training for all new Soldiers since World War II, according to the Fort Jackson Leader.

Learning these new tasks and keeping the old ones around make every Soldier a more flexible asset on the battlefield. With the combat support units closer to the battle fronts and the enemy aiming for the pole of the spear and not the tip, the Soldiers that make up the pole need to have better combat training.

The Army recently revised or created eight field manuals on subjects from land navigation to humanitarian airdrops. Soldiers and civilian personnel with Army Knowledge Online accounts can access these manuals online at [https://akocomm.us.army.mil/usapa/doctrine/Active\\_FM.html](https://akocomm.us.army.mil/usapa/doctrine/Active_FM.html) using their AKO information.

## Scout On The Street

## How does nutrition affect your life?



SPC. NATHAN AMERSON,  
COMPANY E 309TH MILITARY  
INTELLIGENCE BATTALION



PFC. JOHAN RIVERA,  
COMPANY E 309TH MILITARY  
INTELLIGENCE BATTALION



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69TH SIGNAL COMPANY



PVT. JOHN BRAYSHAW,  
COMPANY E 309TH MILITARY  
INTELLIGENCE BATTALION

“You’re not going to be able to keep up (without good nutrition).”

“If you can’t fuel your body right, you’re not going to feel right.”

“If you’re not eating the right things, you’ll go onto the overweight program or not pass the PT test.”

“If you’re cheating your body, you’re cheating the Army and you’re cheating your country.”

## The Fort Huachuca Scout

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# Artificial turf to save water on post

BY SPC. SUSAN REDWINE  
SCOUT STAFF

If you're a baseball purist, there's something sacrilegious about playing this country's national pastime on fake grass. It just isn't the same.

Of course there's a price for real grass, particularly if you live in the Arizona desert. That price is measured in the amount of water needed to keep a grass ball field alive. For Fort Huachuca, that price is probably too high.

In an effort to reduce water consumption, the post is installing an artificial turf playing surface at one local ball field.

Sentinel Field is a softball field with a dirt infield and grass outfield. The infield will remain untouched, but the outfield is undergoing a makeover from natural to artificial turf to reduce water use, lessen maintenance and provide a safe, year-round athletic surface for Soldiers, said Robert Bridges, an ecologist with the Environmental and Natural Resources Division, Direc-

torate of Public Works.

The first phase of construction began in December with the installation of a drainage system by the Army Corps of Engineers. This part of the job is expected to be completed within the next few weeks, Bridges said.

"They had to cap off the water lines and remove the irrigation system that was there," Bridges said. "Then they had to do the earthwork to create a drainage system."

After the existing sod was removed from the outfield, the surface was laser-leveled, he said. A 4-inch layer of crushed rock was then laid down and compacted. On this layer, rows of plastic drainage tubes were embedded, and then a 2-inch layer of a finer grade of crushed rock was laid on top, then compacted, Bridges said.

Once the drainage system is installed, the artificial turf can be put in place, which should take between two and three weeks, he said.

The turf will be anchored to a cement curb that has been installed around the area, Bridges said. On top of the "carpet" that contains turf-like fibers, a 2-inch layer of rubber particles will be brushed in, providing a safe playing surface, Bridges said. The resulting surface is safer for athletes than a natural

turf field, he said.

"The rubber gives a cushioning effect," he said.

When artificial turf was first introduced years ago, there were many sports injuries and athletes had to wear different types of cleats depending on where they were playing, he said.

"Over the years, it's evolved quite a bit from the old 'Astroturf' that you think of," Bridges said.

The turf that's being installed on post has an eight-year warranty, however, many such fields have been known to surpass that and still be in good shape, he said.

Bridges said his goal is to get all the fields on post converted to artificial turf, which would result in a water savings of 116 acre feet per year.

Another advantage of the new field is that it stays green year-round.

"It looks like an oasis in the desert," he said.

The evergreen field also allows it to be used at all times, whereas natural grass needs to have periods of time with little to no use so the grass can be cultivated and maintained and not worn bare.

The fake grass makes life easier on the environment in other ways too. It doesn't require pesticides or fertilizers thus reducing use of potential pollutants. It also saves maintenance personnel the hassle



Photo by Spc. Susan Redwine

**Workers lay down drainage lines in preparation for the installation of artificial turf on Sentinel Field.**

of pulling weeds.

The biggest advantage is still the savings in water usage.

"We're trying to reduce

groundwater use on the fort and recharge the aquifer because all of our water comes from wells," Bridges said.



Photo by Spc. Marcus Butler

## Show off

**Staples account manager for government sales, Michael E. Farrell, goes over some prices and products for a participant in the Technology Exposition held at the Thunder Mountain Activity Centre on Feb. 22. There were more than 50 companies represented exhibiting goods and services ranging from high-definition televisions to data storage and destruction.**

## Domestic violence not taken lightly

BY AMANDA KEITH  
SCOUT STAFF

"Domestic violence does nothing but destroy the home," Master Sgt. Thomas Ransford of the Directorate of Emergency Services, said.

This destruction comes in many forms.

Domestic violence includes the visible scars of physical abuse as well the deeper psychological scars of verbal and sexual abuse.

"Domestic abuse is a campaign,"

wrote Elaine Weiss, the author of the "Family and Friends' Guide to Domestic Violence," and this campaign usually begins with something small, like one partner telling another not to wear certain clothes or hang out with certain people.

"That's the problem with domestic violence, unless it's physically viewed on the face, it's not really seen," Linda Moseley, the post's Family Advocacy Program victim advocate coordinator, said.

Fort Huachuca takes a three-pronged approach in dealing with domestic violence. If there is a domestic violence situ-

ation, the first call is placed to the military police at the DES. Depending on the circumstances involved, either the servicemember or the offender can be removed from government housing. Emergency services then calls the family advocacy victim advocate to come to the scene. She is there to make sure the safety needs of the victim are met and to provide relocation options. Then, the family is

See **VIOLENCE**, Page 14

## 309th to conduct training Saturday

Company E, 309th will conduct an urbanized combat training exercise Saturday in the fenced area surrounding the closed Miles Manor housing complex.

Some 300 Initial Entry Training students will par-

ticipate in this exercise, which will run from 8 a.m. to 5 p.m.

The training objective is for the students to develop confidence in their ability to conduct cordon and search exercises in a contemporary operating environment.



Photo by Spc. Creighton Holub

## Got issues?

**Morgan Graves, a Smith Middle School student, considers the issue his group was working on Saturday at the Youth Services building as part of the Teen Army Family Action Plan effort. There were 26 students collaborating in three groups to discuss nine issues that affect teens. Two groups were made up of high school students, while the third group was comprised of middle school students. The teens voiced their concerns over issues that affect them and their families. Watch the Scout for post AFAP conference coverage.**

# Kenyan native becomes U.S. citizen, reenlists

**BY MASTERSGT.  
CHARLES A. BRANDON**  
U.S. ARMY INTELLIGENCE  
CENTER AND FORT HUACHUCA

"It would be better to die in Iraq, then get out of the Army right now."

Those are pretty strong words for an American Soldier, especially during a time of war. Their power becomes even more impressive when you consider the person speaking them has only been an American for a few months.

"My second reenlistment was more meaningful than my first one because I had the American flag behind me, and I was an American citizen," said Sgt. Joseph Mutaku. The Soldier is assigned to Headquarters, Headquarters Company, 111th Military Intelligence Brigade.

Mutaku is a native of Kenya who gained his citizenship last November. On Jan. 5 the 25R Audio/Visual specialist displayed his commitment to his new country by reenlisting in a ceremony held at the Intelligence Electronic Warfare maintenance facility.

Mutaku's motivation was simple. He wanted to fight back.

"Terrorists have attacked both my countries, Kenya and the United States," he said. "Almost 280 Kenyans were killed when terrorists bombed the U.S. embassy in Nairobi; 11 Americans were killed in that

attack. Kenya is a small country, and we could do nothing. America is a superpower, if they don't do anything, then no other country will do anything either. America is doing the right thing by fighting the war against terrorism because if we don't take care of this problem now, then our children will have to. When I hear Soldiers saying that they don't agree with the war and are getting out ... I think that is a shame," he said.

Mutaku immigrated with his parents to Baltimore in 1996. He became interested in joining the Army because of the opportunity to learn a skill and further his education. Since moving to Fort Huachuca from his first duty station in Hawaii, Mutaku has completed almost three

years towards a degree in computer science.

"I like the training I get in the Army," he said. "Recently I completed a class in Net-plus, and now I'm attending the Basic Installer Course. These were offered to me through my unit."

Mutaku's supervisor, Sgt. 1st. Class Ivan Kipp, was an active and integral part in the Soldier's reenlistment decision process.

"I was excited to hear of Sgt. Mutaku's decision to reenlist," Kipp said. "Sgt. Mutaku is totally unselfish when it comes to taking care of missions and other Soldiers; he assumes the leadership position when I'm not here."

See **MUTAKA**, Page 14



Photo by Elizabeth Davie

**Sgt. Joseph Mutaku works on a television at the Intelligence Electronic Warfare maintenance facility.**

# Diagnostic specialist to speak on attention deficit

**SPC. MARCUS BUTLER**  
SCOUT STAFF

Fort Huachuca Accommodation Schools and Child and Youth Services will present a free information session on attention deficit hyperactivity disorder slated to be held from 8 a.m. to 3 p.m. on March 12 at the School Age Service Building across from the Post Exchange parking lot.

Dr. Clare Jones, a recognized expert on the disorder will be speaking at the session.

She is a diagnostic specialist in private practice in Phoenix and is the former director of education for the Phoenix Children's

Hospital.

Jones has presented more than 3,000 workshops and has spoken several times at the following national conventions:

- National Association of Early Childhood Teachers
- Children and Adults with Attention Deficit Disorder
- Council for Exceptional Children, local and national
- Learning Disability Association, local and national
- American Academy of Family Physicians

This session will provide information to

military parents in the post school district, said Cheryl Ramirez, administrative secretary, Fort Huachuca Accommodation Schools.

This event is open to parents, teachers and caregivers who would like to learn more about attention deficit hyperactivity disorder and learning disabilities.

A continental breakfast and lunch will be provided. Childcare is also available for parents who pre-register for the event.

For registration information call, Pat Marsh at 452-0122 or Cheryl Ramirez at 459-8399 or by e-mail to [marshp@fthuachuca.k12.az.us](mailto:marshp@fthuachuca.k12.az.us) or to [ramirezcz@fthuachuca.k12.az.us](mailto:ramirezcz@fthuachuca.k12.az.us).



**Dr. Clare Jones**

# Band celebrates Black History

BY SPC. CREIGHTON HOLUB  
SCOUT STAFF

The 36th Army Band celebrated Black History Month Sunday at the Oscar Yrun Community Center in Sierra Vista.

The band played a variety of music with roots dating back to wooden instruments. The band performed jazz, blues, ragtime, black spirituals, Dixieland jazz and a

Broadway show tune.

"I get wrapped up in the music," said Staff Sgt. Paul Beuning, 36th Army Band. "I practice at least two hours by myself off duty. You can't just come to work and expect to play. You have to practice by yourself."

"The key to being able to play every different style is listening to every different style."

He said that building a wide compact disk collection of varying styles helps him greatly.

Before several songs, Beuning gave quick history lessons to the 130 people attending the program. His lessons came from knowledge he gained in college music history courses that were required for music majors at the school he attended.

"It always helps to listen to great music," said Spc. Brad Leja, 36th Army Band. "It draws the energy out of you because it's such great music."

Band members said it wasn't unusual to have to transition through

a wide variety of musical styles. It just takes some practice.

"Once you become accustomed to the different styles, it's second nature," said Staff Sgt. Terrence Washington, 36th Army Band. "As musicians, we actually listen to the song."

Washington explained that most people listen to a song just for enjoyment, but the professional musician listens to how the song was put together.

The band members combined different musical skills for the event.

"All our jobs are different styles," said Spc. Ryan Farkas, 36th Army Band. "They train us to do all sorts of music. We usually do a little bit more practice (for events). As a group we practice three to four times. If we don't have a job that day, we're rehearsing for the next one."

The rehearsing in groups came in handy for the Dixieland jazz music that shows the musician's emo-

tion through improvisation.

Through constant practice, band members build teamwork as they learn to use nonverbal communication to tell each other when to jump in and play. For example, Beuning moves closer to his music stand while Washington bows with his tenor saxophone to tell the rest of the band that he is done with his solo.

"The style of music itself will make that emotion happen," Wash-

ington said. The music books are "a roadmap, then you improvise a lot. A lot of times they're just minor parts that when the instrument does that one little thing – it just makes the song."

Sierra Vista's 4,600-foot elevation is one of those little things that affects how an instrument works.

"It sounds different," Spc. Brad Leja said. "It's a little thinner sound. You're hardly going to notice unless you've been trained to."



Photos by Spc. Creighton Holub

**Staff Sgt. Paul Beuning, 36th Army Band, entertains the audience with music from his trumpet Sunday at the Oscar Yrun Community Center.**

## What's your color?

BY AMANDA KEITH  
SCOUT STAFF

This was the question of the day at a lunch and learn session recently. Gail Mortensen of the Special Emphasis Program Committee sponsored the session to help Soldiers and civilians learn about the color types (how they work together and how they work as individuals) to promote office efficiency.

There are four color types and each type presents strengths and challenges for the work environment.

Gold was the most prevalent color among those attending. A gold person is typically responsible, dependable and organized. Blue is the color for artists; typically, blue people are compassionate, dramatic and communicative. Orange people are usually adventurous, active and spontaneous. Green people are generally analytical, curious and determined.

One of the goals of this lunch and learn session was to teach participants about who they are and also to teach them about why they might be having conflicts in the workplace.

This event was a condensed form of the regular two-and-a-half day conference, but the things went "pretty well," Linda Moseley said.

Moseley, who is the Fort Huachuca victim advocate, led the gathering.

The Assertive Bill of Rights, one of the focuses of the session, is instrumental in conflict resolution; the list encour-

ages personal responsibility for failures and successes and asks the participant to consider that every person has these same rights.

Along with the colors test, the participants of the lunch and learn session also analyzed themselves using the Squiggles and Squirrels Quick Indicators of Shapes system. Participants chose a shape from a group (box, rectangle, squiggle, triangle or circle) and this shape, based on their choice, indicated such preferences as common words used, traits, looks, habits and body language. This indicator was not affiliated with the colors test, but it did help people see how they are perceived by others.

### Color Chart

Traits most commonly found in people of each color.

**GOLD**-responsible, dependable, organized  
**BLUE**-compassionate, dramatic, communicative  
**ORANGE**-adventurous, active, spontaneous  
**GREEN**-analytical, curious and determined

## FRG here is to help

BY AMANDA KEITH  
SCOUT STAFF

Military life can be tough. In recognition of the challenges service life places on its members, the Army has created programs to help its people deal with those stresses. One such program launched Family Readiness Groups.

"These groups offer a lot for their Soldiers and spouses and FRG's create a family inside the family," Capt. Robert Volk, commanding officer, Headquarters and Headquarters Company, 11th Signal Brigade said.

This involves all sorts of things for the Soldiers of Fort Huachuca. Socialization is a huge aspect of the military lifestyle, and the readiness groups provide many social opportunities for their Soldiers. Using fundraisers and donations from local businesses, as well as personal funds, group leaders host events, such as the post-wide haunted house put together by Company A,

See FRG, Page 14

# Maj. Gen. Fast speaks at TMAC on March 17

## SCOUTREPORTS

Maj. Gen. Barbara Fast will speak on her experiences in Iraq and the future of military intelligence at the Thunder Mountain Activity Centre on March 17.

The general will be speaking to the Coronado Chapter of the Military Officers Association of America during the organization's monthly luncheon. Attendance is open to all officers, (including active duty, National Guard, reserve, retired, former, foreign and their guests). Membership in MOAA is not required to attend.

This event is scheduled to begin at 11:30 a.m. Following Fast's presentation, a short business meeting will be held.

During the meeting, the founding fathers of the Coronado Chapter will be recognized for their efforts in starting the organization 32 years ago.

The buffet meal will feature German cuisine. There will be a separate serving line for those attending the luncheon. The cost is \$10 per person. Advance reservations should be made by sending checks, payable to: CORONADO CHAPTER MOAA and mailed to:

Coronado Chapter, MOAA  
Post Office Box 1685  
Sierra Vista, AZ 85636-1685

MOAA welcomes all active or retired commissioned and warrant officers of U.S.

Military Services as well as the Coast Guard and Public Health Service.

The Coronado Chapter of MOAA is dedicated to:

- instill and stimulate love of our country and our flag
- uphold and defend the constitutional government of the United States of America
- advocate military forces adequate to the defense of our country and to oppose any influence whatever calculated to weaken the national security
- aid active and retired personnel of the services represented by our membership in any legitimate and practical manner, and
- create harmony and a spirit of camaraderie among all officers of the uniformed services of the United States through an

organized program of social and fraternal activities.

This organization is a nonprofit affiliate of The Military Officers Association of America. As such, it shall strive to help and support legislation designed to further a strong national defense, promote and foster better relationships between its members and the community in which they choose to live, and offer opportunities to renew old friendships and make new friends through chapter meetings and social activities.

For more information or an application for membership contact Chapter Secretary retired Chief Warrant Officer Joe Gill at 458-4099 or e-mail [JoeGill1@cox.net](mailto:JoeGill1@cox.net)

# OneStop: Web source for housing information

BY SGT. 1ST CLASS  
TAMMY M. JARRETT  
ARMY NEWS SERVICE

Whether a Soldier is on permanent-change-of-station orders or considering a new assignment, getting a variety of information about his next duty station is only a click away.

The Army Housing OneStop Web site at [www.onestoparmy.com](http://www.onestoparmy.com) now has more than 2,200 family housing plans and 5,500 family housing photos from 96 Army installations for viewing, as well as a wide variety of links to popular sale and rental search sites, Debbie McMullan, a housing program analyst for AHOS, said. "Deep links" to the areas surrounding the installation are provided when possible, she said, to help customers who are not familiar with their new location.

AHOS has combined the best features of PCSHouse Express, live data from the Housing Operations Management System, Web pages from installation and/or Residential Communities Initiative Partner Web sites, and content from existing customer service kiosks to deliver a uniform, easy-to-navigate, user-friendly format to provide Soldiers and their families with a world class system for obtaining housing information, said AHOS officials.

This is a tool created specifically to assist the Army family. It is the place everyone needs to start when looking

for housing information and or services, said McMullan.

"Our goal is to make it much easier to find comprehensive Army housing and related information from a single site for whatever location they are assigned to or are considering for assignment," said John Nerger, director, Facilities and Housing, in an AHOS news release.

McMullan said it doesn't matter whether an installation is "privatizing" or not, the site is the place for Soldiers and family members to go no matter where they are headed.

"AHOS includes a standard of housing-related topics that include a wealth of information for each and every installation, privatized or not," she said. "RCI partner Web content is integrated when available to replace older installation Web pages for housing."

As a new customer-service initiative, a OneStop kiosk has been installed in the Pentagon Joint Military Assistance Center.

The kiosk leverages the investment made in the Army Housing OneStop Web site by providing convenient and secure access to a Washington, D.C. version of AHOS content for customers who do not have readily available access to the Internet, said Terri McClelland of DynaTouch.

The kiosk content also includes worldwide Army housing and Navy housing OneStop content, as well as ac-



cess to selected Air Force and Marine Corps sites.

Other updates to the site, since its beginning in October 2003, include "Virtual Reality Tours" for featured family housing, online housing applications for installations that accept them, and more specific local area information like schools, churches and spouse employment opportunities.

"If what you need isn't there, send an e-mail to the AHOS Web master and appropriate action will be taken,"

McMullan said. "Headquarters Army housing is committed to providing a top quality, standard level of customer service to each and every Soldier, no matter what installation."

McMullan said the Army Housing OneStop Web page received close to 2 million visits from 600,771 visitors in 2004 and that floor plans, photos, policies and other frequently asked questions for unaccompanied personnel housing are scheduled to be added to the site in the near future.

# Post raps up Black History Month

BY AMANDA KEITH  
SCOUT STAFF

In honor of Black History Month and the Soldiers who perished in 2004, Anton Smith and the Human Project put on an enthusiastic performance Friday at Murr Community Center.

Smith was the master of ceremonies for the event, "The Evolution of the Hip Hop Culture," which outlined the progression of hip hop music through dance.

"This show is designed to give you a taste of hip hop culture and a hip hop subculture as a whole," said Sgt. 1st Class Armando Viera before he went through a timeline of influential hip hop artists and movements that spanned back to 1969, a year typically associated with psychedelic rock.

"There are three elements of hip hop: 'rapping,' 'writing' and 'breaking,'" said Command Sgt. Maj. Sharon Golden. The audience was treated to all of



Photo by Elizabeth Davie

**Several Soldiers from the post formed a dance team and performed for the event.**

these elements during the show.

Smith began his performance with an opening monologue rap. With the narration of Neo (from the movie "The Matrix") and in front of a projected movie of break-dancers, Smith and his dancers followed the highly choreographed movements

of the video dancers.

Smith and the Human Project's break-dancing provided some acrobatic feats, which included one dancer pushing himself onto the stage while in a headstand position.

A second part of the performance consisted of Smith and his dancers defining terms and moves such as "old school," "poppin'" and "breaking."

"I thought [the performance] was wonderful," said Augusta Lucas, one of the audience members. "It was awesome street dancing."

The program included a hip hop dance number by four Soldiers from the 504th Signal Battalion.

The lobby of the Murr Community Center was decorated with photos and

biographies of Sojourner Truth, Booker T. Washington, Rosa Parks and Dr. Martin Luther King Jr. and others.

In the main ballroom, a memorial display featured the black Soldiers who died during 2004. The ballroom also showcased popular hip hop artists such as Missy Elliot, George Clinton and the Notorious B.I.G.

Smith, a native of Philadelphia, founded the Human Project in 2002 in Tucson. The Human Project has produced several major dance events at venues such as the Arizona Theatre Company and Tucson's Centennial Hall. The Human Project has also been commissioned by the Tucson Pima Arts Council and singers Ashanti and R. Kelly.



Photo by Elizabeth Davie

**The Human Project from Tucson entertained the crowd.**



Photo by Spc. Creighton Holub

**The 36th Army Band played a concert Sunday in honor of Black History Month.**



Photo by Elizabeth Davie

**Sgt. Lisa Dixon of 269th Signal Company shows off some moves in the opening act of the Black History Month celebration Friday at Murr Community Center.**

Range closures

Today – AB, AC, AD, AF, AG, AL, AM, AU, AW, T1. T1A. T2  
Friday – AC, AD, AF, AG, AL, AM, T1, T1A, T2  
Saturday – AF, AL, T1, T1A, T2  
Sunday – AF, AU  
Monday – AC, AD, AE, AF, AG, AM, AW, T1, T1A, T2, T3  
Tuesday – AC, AD, AE, AF, AG, AL, AM, AR, AW, T1, T1A, T2, T3  
Wednesday – AC, AD, AE, AF, AG, AL, AM, AU, AW, T1, T1A, T2, T3  
For more information call Range Control at 533-7095. Closures subject to change.

Insurance benefits

A representative from the Arizona Blue Cross/Blue Shield will be available to answer questions pertaining to health insurance benefits 10 a.m. – 1 p.m. Friday at the Jackrabbit Room at the Murr Community Center. For more information, call Michele Darby at 533-5735 or Schenando Nason at 533-5273.

Lenten Penance service

Prepare yourselves for Easter by attending a Lenten Penance Service, 7 p.m., Monday at the Main Post Chapel. For more information call Mrs. Moore at 533-4748.

Controlled burn

A prescribed burn in training areas Lima and Kilo (just north of Canelo Road and west of Buffalo Corral) on Fort Huachuca’s West Range began Feb. 26, and will continue through Monday. Approximately 250 acres are left to burn in training areas Lima and Kilo.

Commanders/First sergeants course

Attention all incoming company commanders. The next Company Commanders/First Sergeants course is scheduled for March 15-17. This course is mandatory for all incoming commanders. First sergeants are highly encouraged to attend. To register call Suzette Krusemark, DPTMS, and 533-3185, contact your respective S-3s. Registration cutoff is close of business March 9.

St Patrick’s Day celebration

Enjoy a traditional meal of corned beef and cabbage after the 5 p.m. Mass on March 19 at the Main Post Chapel. For more information call Mrs. Moore at 533-4748.

Scholarship Opportunity

The Mountain View Computer Users Group is offering two scholarships to Cochise County students graduating high school, or equivalent, in 2005 and entering college, or other higher education program, in summer or fall of 2005. Scholarships are for students who have best used computers as a fundamental tool in a project completed while in high school, or equivalent education. Application postmark deadline is March 28.

Applications and guidelines for the scholarship are available at on the MVCUG web site, [www.mvcug.org](http://www.mvcug.org). For more information, questions or guidance visit [www.mvcug-scholarship@cox.net](mailto:www.mvcug-scholarship@cox.net).

Retirement ceremony

The next Installation Retirement Ceremony is scheduled for 7a.m., April 29 at Chaffee Field. All military and civilian retirees are invited to stand in this ceremony.

For more information call, the United States Army Intelligence Command & Fort Huachuca Protocol Office at 533-1235 or Suzette Krusemark, DPTMS, 533-3185, to fill out an information sheet.

Spring break

Spring Break Vacation Bible School, 8:15 a.m. – noon on March 21 – 23, for 4 year olds through 6th graders. Sign up now to either attend class or volunteer. For more information call Dan DeVeney at 533-4598.

Telephone directories

The new Cochise County telephone directories are available for pickup at the Official Mail and Distribution Center of the Directorate of Information Management, US Army Garrison. The OMDC is located in the back of Building 22408 at Christy Avenue and Butler Road. Operating hours are 7:30 a.m. – 4 p.m. The telephone directories are for United Staes Army Garrison directorates and staff offices and partner activities. For more information, call Gayle Olson at 533-3932.

Memorial project

In honor of the upcoming 15th anniversary of Operation Desert Shield-Storm, a tribute to fallen service members is being put together. If you have a family member, friend or fallen comrade to whom you wish to pay tribute, please consider contributing to “Letters in the Sand.” The success of this project will greatly depend on the kindness and generosity of the larger military community. For more information, e-mail Terrisa Karaus at [desertstormletters@yahoo.com](mailto:desertstormletters@yahoo.com), or mail “Letters in the Sand,” Box 485, Mt. Ster-

ling, Kentucky ., 40353.

Warrant Officers wanted

The United States Army is looking for highly motivated Soldiers, Marines, Sailors, and Airmen to fill its warrant officer ranks. Positions are open in all 41 active duty warrant officer specialties, and the following are experiencing critical shortages: military intelligence, Special Forces, Food Service, Criminal Investigation, and Air-drop Systems Technicians. Applicants with less than 12 years active federal service are encouraged to apply. For more information visit [www.usarec.army.mil/warrant](http://www.usarec.army.mil/warrant)

Book discussion

A discussion of the book “The Purpose Driven Life” by Rick Warren is held at 6 p.m. each Wednesday at the Main Post Chapel, Room 24. For more information call Mrs. Moore at 533-4748.

New airline service

Great Lakes will be providing scheduled passenger service at 34 airports in ten states with a fleet of Embraer EMB-120 Brasilia and Raytheon/Beech 1900D Regional Airliners. A total of 162 weekday flights are scheduled at two hubs, with 156 flights at Denver and 6 flights at Phoenix. All scheduled flights are operated under the Great Lakes Airlines marketing identity in conjunction with code-share agreements with United Airlines and Frontier Airlines at their Denver hub. Additional information is available on the Company web site that may be accessed at [www.greatlakesav.com](http://www.greatlakesav.com) <<http://www.greatlakesav.com/>

Chaplain’s Corner

Protestant Sunday Services

8 a.m.	Episcopal	Main Post
9:20 a.m.	Gospel	Kino Chapel
9:30 a.m.	Protestant	Prosser Vill.
11 a.m.	Cross Roads	Cochise The.
11 a.m.	Collective	Main Post
3:30 p.m.	ALPHA	Prosser Vill.

Roman Catholic Worship

Mon.-Fri. Mass	11:30 a.m.	Main Post
Saturday Confession	4 p.m.	Main Post
Saturday Mass	5 p.m.	Main Post
Sunday Mass	9:30 a.m.	Main Post
Sunday Mass	11:30 a.m.	Kino Chapel

Jewish Worship

Friday	7 p.m.	Main Post
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Catholic

Main Post Chapel

CCD	Sunday	10:45 a.m.
Adult Apologetics	Sunday	10:45 a.m.
Adoration of the Blessed Sacrament	Friday	3 - 6 p.m.
Korean OCIA	Friday	7p.m.
MCCW	1st Friday	7 p.m.

Protestant

Main Post Chapel

PWOC	Tuesday	9 a.m.
Sunday School	Sunday	9:30 a.m.
Kino Chapel		
Bible Study/Choir Practice	Thursday	6 p.m.
Men’s Choir Rehearsal	Tuesday	7 p.m.

Muslim Prayer

Friday	11:30 p.m	Main Post
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Buddhist Weekly Teaching

Tuesday	6:30 p.m.	Prosser Village
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Orthodox Divine Liturgy

Sunday	10 a.m.	Main Post
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Latter Day Saints Service

Sunday	1 p.m.	Prosser Village
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Lent Services

Stations of the Cross	5 p.m.	Main Post
Fridays in Lent		
Poor Man’s Meal	After the Stations of the Cross	Main Post
Poor Man’s Meal	Wednesdays after 11:30 a.m. Mass	Main Post
Lent Penance Service	Mar. 7 at 7 p.m.	Main Post

Youth group activities

The Fort Huachuca Chapel Youth Groups continue to meet on Sunday nights at the Main Post Chapel. The Middle School meeting is from 4 p.m. - 5 p.m. The High School meetings are from 5:30 p.m. - 7 p.m. Join us for food, fun, friendship and faith. For more information, call Mike DeRienzo at 227-6059.

**FRG**, from Page 6

305th Military Intelligence Battalion.

Family Readiness Groups aren't just for Soldiers with families. The HHC 11th Signal Brigade group routinely holds dinners for single Soldiers and will create holiday treats for them, such as candy bags at Halloween.

The groups are also there to offer support for the families of deployed servicemembers, "to be there when [your] significant other is gone," Carol Baxter, a member of the HHC 11th Signal Bde. group, said.

The chain of concern, a phone tree to provide information in emergencies, is one aspect of this support; family members, including parents, spouses and children, along with significant others, are notified as soon as information concerning their loved one is available.

Whether the groups are used to get the word out about the Soldiers in the field or if they're used to get event information to the families, "FRG's are an integral part of the company," Capt. Michael Meskunas, commanding officer of Company A, 305th MI Bn., said. "We're one team."

**MUTAKU**, from Page 4

Talking further about his reenlistment Mutaku related how the brigade's career counselor, Staff Sgt. Eboni Britton went the extra mile to get him an assignment to the Army Audio Visual Center in Washington, D.C.

"At first they weren't offering me anything I wanted but, Staff Sgt. Britton kept telling me she was going to get

something for me, finally right before Christmas she did," Mutaku said. "This assignment will give me more training and experiences, move me closer to my family, and maybe I can deploy from there."

Asked what he liked best and least about the Army Mutaku said that the pay was what he liked least, "I think if we

are going to defend America we should get more pay," he said.

The Army values and the camaraderie were the best things about the Army according to the sergeant, "Everywhere I go in the Army I meet great people and develop relationships that will last," he said. "The Army values are important guidelines to live by no matter where you are."

**VIOLENCE**, from Page 3

usually referred to the social work services branch of the Family Advocacy Program for counseling.

The social work aspect of the advocacy program mainly assesses the family situation. It works to find out how the family functions and the strengths and challenges that they face.

"We work with the family to resolve those challenges," Judy Pike, the head of social work for the program, said.

This work includes counseling for offenders and victims, classes for stress and anger management and couples therapy. The program also focuses on children who were witnesses or victims of domestic violence in order to prevent future domestic violence incidents. Pike spoke about one of the lessons that domestic violence teaches children:

"Violence works," Pike said. "If I have power over you and I hit you, you do what I want. You may hate me, and you may want to beat me up, but if I'm bigger or stronger and important to you, you're not going to do that. So I can get you to do what I want. The fallout is absolutely horrendous ... but it works, short term."

One of the ways to prevent domestic violence is to educate people on how to exist in a healthy relationship with a balance of

power between partners. A partner who controls the family's money, vehicle and ID cards is one example of a partner having too much power in a relationship. The Family Advocacy Program teaches people how to negotiate in a relationship, Pike said.

"We're not here to mess with Soldiers," Pike said. "Healthier families make better Soldiers."

The Family Advocacy Program has another branch that handles domestic violence cases in the aftermath of the situation: the victim advocate.

"Victims of severe domestic violence need assistance," Moseley said, and the program provides access to medical treatment and to a lawyer, placement in a shelter and financial assistance. In case of an immediate, life-threatening situation, a victim can be moved (with their household goods) to anywhere he/she chooses to go.

"There is help available," Moseley said. "This program exists because of the needs of victims ... the Army has a no tolerance policy for domestic violence; offenders are going to be prosecuted."

If you or anyone you know is involved in a domestic violence situation, call the Victim Advocacy Program at 533-3986/2330 for help.

## Kudos

## Post civilian of month for February named

**SPC. MARCUS BUTLER**

SCOUT STAFF

The winning nomination for Fort Huachuca's civilian of the month for February is Dora Smith, a pharmacy technician at Raymond W. Bliss Army Health Center.

Smith works in the health center's pharmacy service, which serves nearly 30,000 patients. She receives and reviews prescriptions for the full range of pharmaceuticals handled by the pharmacy.

It was Smith's exceptional performance and contributions to the staff and customers of the health center that led to her nomination. She is the only pharmacy technician who assembles and replaces all expired medications on the crash cart for the health center and satellite clinics.

"I am so thrilled for Diane," Carolyn Boardman, chief

of pharmacy service, said. "She has been such a hard worker for a long time, and she deserves to be recognized for all that she has done."

For winning the award, Smith will receive an Achievement Medal for Civilian Service, the use of a car for one month from Lawley Chevrolet, gift certificates from Sierra Vista merchants, a desk plaque from the Civilian Personnel Advisory Center, a certificate for lunch or dinner from a fort establishment provided by the Directorate of Morale, Welfare and Recreation, a wall plaque from the Sierra Vista Chamber of Commerce, and her name as civilian of the month, posted at the main gate.

"All of this was totally unexpected, and I really am at a loss for words," Smith said. "I am humbled to accept this award."

The other nominations for civilian of the month for

February were Greg Dalglish, U.S. Army Operation Test Command; Alice Hoselton, Directorate of Resource Management; Corinne Kelly, Network Enterprise Technology Command assistant chief of staff, G-1; Carlos Reed, department of installation management; Denise Leininger, MWR child and youth services; and James Morris, Battle Command Battle Lab.

Nominate your deserving employee for Fort Huachuca civilian of the month.

All permanent appropriated fund and non-appropriated fund employees are eligible for this award with the exception of employees officially assigned as supervisors (GS-10 and above) and senior executive service personnel. For more information on how to nominate someone for civilian of the month call, Shari Worthey at 533-5282.

# Post school takes stand against childhood obesity

**BY SPC. JOY PARIANTE**

SCOUT STAFF

Raymond W. Bliss Army Health Center and Myer Elementary School have created a program geared towards combating childhood obesity and the physical and psycho-social problems that come with it.

The project is the brainchild of Selina Jeanise, chief of the Health Education Resource Center and Myer School nurse Alyce Tordsen. The same idea of finding a way to deal with childhood obesity was conceived by both women before they ever met.

"I was looking at the needs of the community, one of the things I saw lacking was a childhood obesity program," Jeanise said. Although overweight children would be put into the health care system as such, there was no program in place to ensure they got the help they needed.

Tordsen noticed that obesity was on the rise during her yearly screening of students. The Centers for Disease Control recommends that all children should have their body mass index calculated, and Tordsen began integrating this into her screening process. Jeanise

and Tordsen met up at a health event and got to talking. The women decided to join forces and create a program to counteract the obesity epidemic.

With the help of Capt. Jennifer Rodriguez, chief dietitian at Raymond W. Bliss Army Health Center; Don Tordsen, Myer physical education teacher and award winning coach; Dr. George Colfer and many others in the health and education communities, the Iguanas were born.

Iguana Be Fit and Healthy is the name of the program targeting Myer fourth and fifth graders who are in or above the 95 percentile according to the CDC's body mass index chart. Those who fall in the 50 percentile are average for their age.

The children were identified at the beginning of the year during Tordsen's screening and they comprise 29 percent of the school's fourth and fifth grade students.

"There is an epidemic related to childhood obesity," Rodriguez said. "The main issue with children who are overweight is that they become adults who are overweight."

Being overweight can lead to many health problems including diabetes, high blood pressure and heart disease, Rodriguez said. High blood pressure and type II diabetes are on the rise among the younger population, Rodriguez noted. Also, Tordsen said, some children may already have early signs of heart disease, but don't know it or feel it yet.

In addition to physical problems, there may be psycho-social problems that result from a poor body image caused by being overweight, Rodriguez said.

Among other things, a poor body image may lead to eating disorders down the road, she added.

The Iguana program is taking an approach rarely seen in youth health programs, Jeanise said. The program focuses on three areas: exercise, nutrition and self esteem, where most programs only focus on a combination of the first two. The group meets once a week and they alternate between the three focus areas of the program.

Rodriguez helps the children learn about nutrition. She said the

group has learned the food guide pyramid principles, proper portion sizes, the benefits of fruits and vegetables and the importance of making healthy food choices.

Mr. Tordsen leads the group in physical activities. They all agreed that it's important to make the children feel comfortable and confident when exercising. "They don't like to exercise like other kids because their bodies don't move like other kids," Jeanise said. "We're giving them something [physical] that's theirs, and they don't have to be embarrassed doing it."

For one self esteem class, Jeanise brought a Soldier who had just returned from Iraq to talk to the children about self image. The Soldier had gained a significant amount of weight while deployed, and the children were full of questions about how being heavier made him feel.

"I didn't realize the impact it would have on them," Jeanise said. "They may not let you know, but if you open the door you find out that this really bothers them and we're giving them the tools to cope."

The program doesn't approach the subject of dieting or weight loss at all with the children.

"You should never put a child on a diet, Rodriguez said.

Rather, the focus is on giving them the skills to lead a healthy life.

"It's not a strict regimen," Jeanise said. "We're enabling them, giving them the tools to be healthy."

The nation's problem with childhood obesity is on the rise due to a number of reasons. These include sedentary activities such as watching television and playing video and computer games coupled with poor eating habits and the increased portion sizes found at many restaurants the group said.

"This is the first time in recorded history that parents are healthier than their children," Mr. Tordsen said.

When the program be-



**Adam Cooperider, left, and Cindry exercises as part of the Iguana Be Fit**

gan this year, the coordinators contacted the parents of the children who were identified as overweight and asked their permission for their child's participation in the program. Many parents did not let their children participate because of the preconceived stigma that would be associated with their child, Jeanise said.

However, the reaction from the parents whose children are participating has been overwhelmingly positive, Tordsen said.

"Parental support is so important," Jeanise said. "Parents need to know that we're not addressing their parenting or the parents' weight. We're just trying to help the kids."

"They have enough to go through without the emotional and physical stress [that comes from being overweight]."

So far, the children in the program have not received any negative treatment from their peers, Mr.



Photos by Spc. Susan Redwine

**James Kennedy spends time after school exercising and playing sports.**



**Alyce Tordsen, school nurse at Myer Elementary School, takes a stroll around the track with Quinlaine Cisco.**



**c Mygatt work through a series of program at Myer Elementary School.**

Tordsen said.

Since the Army's medical focus is turning towards prevention, programs like the Iguanas should be popping up Army-wide. The Army's medical command recently awarded the program with one year of Army funding to sponsor their program, Jeanise said. With the additional funding, the Iguanas hope to expand to the middle school to help catch weight issues before the children hit puberty, and it gets out of control. The program may also be open to third graders after the school renovations and grade switches.

Jeanise and company are planning on creating a manual for the implementation of the Iguana program at other schools Army-wide. The program just has to make it through its growing pains first.

"It's a work in progress," Jeanise said. "We're changing as we go along. The children get to have input, they tell us what they want to do."

"You have to make it attractive to them," Mr. Tordsen added.

The Iguana founders said they are very grateful for the school, community and medical command support they've been receiving. Jeanise said that everyone is giving as much time as they are able to with their busy schedules.

"MEDDAC's (The U.S. Army Medical Department Activity) goal is to provide support and enable the community to have this program," Jeanise said. On the school side, Tordsen said the school principal has been extremely supportive, and even the cafeteria is helping out.

The children's current progress is positive, with half the group showing improvement, Tordsen said.

"They'll never forget this year," Tordsen said. "It's life changing," her husband added.

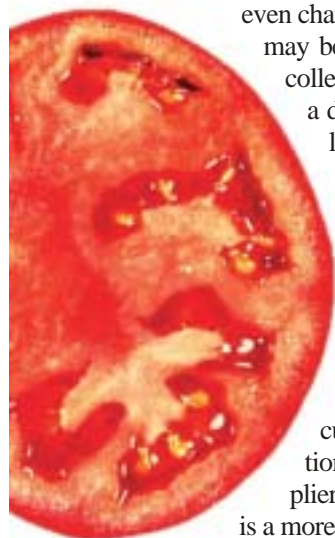
# It's your choice, make it healthy

BY KAY BLAKLEY

DEFENSE COMMISSARY AGENCY EUROPE CONSUMER ADVOCATE

With March being National Nutrition Month, you'll no doubt be hearing and reading lots of news about the recently published Dietary Guidelines for Americans and the Food Guide Pyramid, which is being revised to reflect those recommendations in more detail.

Government officials describe the new advice as very similar to what has been in place for the past five years – even characterizing it as "common sense." That may be, but the continued expansion of our collective waistlines is a solid indicator that a disconnect exists somewhere along the line. Too little direct communication of easily understood, easily remembered and easily applied information is thought to be at least one of the culprits.



Defense Commissary Agency leaders view this communication void as an opportunity to provide reliable dietary information to commissary customers. After all, on military installations commissaries are the primary suppliers of food for home consumption. When is a more appropriate time to have dietary information available than when you are grocery shopping?

The agency has partnered with TRICARE to help carry out one component of its recently unveiled, Department of Defense-wide "Healthy Choices for Life" campaign. This effort is aimed at ending tobacco use, promoting responsible consumption of alcohol and curbing the growing trend of obesity among military families. The initiative – "It's Your Choice, Make it Healthy" – focuses on making sure commissary shoppers have information to guide them in making their food selection decisions.

So what exactly does all this mean to you as a commissary shopper? Would it be helpful to have concise messages available to remind you of exactly what qualifies as a "whole grain" product when you're selecting bread or cereal, or how you determine if a dairy product meets the guidelines for "low-fat" or "non-fat," or harder still, which cuts of fresh meat qualify as "lean?" Shelf signs are being developed right now by a joint-services team of nutrition professionals for almost every food category in the store. Watch for these to start appearing in the coming months at the commissary where you shop.

Would you appreciate the opportunity to tour the commissary with a nutrition professional who can break down all the information on a product's nutrition label into comprehensible terms, answer healthy choice questions specific to your personal circumstances, and clarify any points of confusion you might be dealing with? Such tours are being planned. Look for healthy food fairs and product sampling opportunities to occur at your store regularly. Be sure to stay tuned as this initiative is rolled out. These are just a few examples, but there's a lot more to come.



A synopsis of The Dietary Guidelines for Americans 2005 is available in the pamphlet "Finding Your Way to a Healthier You." For all the details, you can download your own copy from <http://www.healthierus.gov/>

Guidelines for Americans 2005 is available in the pamphlet "Finding Your Way to a Healthier You." For all the details, you can download your own copy from <http://www.healthierus.gov/>

[dietary guidelines](#), but its major points, neatly packaged into three broad statements are a good place to start:

Find your balance between food and physical activity. Calories do count – if you consume more than you expend you will gain weight. Cutting back by as little as 500 calories a day and adding just 30 minutes a day of physical activity could be all the adjustment a person might need.

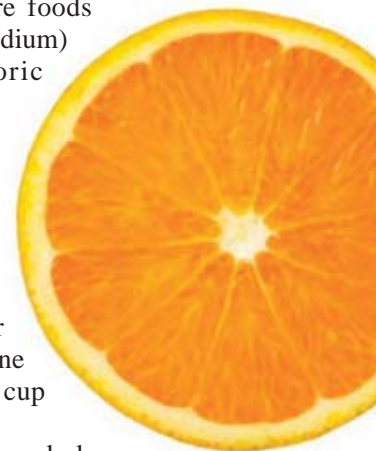
Get the most nutrition out of your calories. If your current eating habits lean heavily toward sugared drinks, salty snacks and high-calorie processed, packaged foods, introduce better choices by starting with the healthy foods you love. For example, if you like fresh apples, but you normally go for apple pie instead, calculate how many apples it would take to reach the calorie count of a slice of pie before deciding which you'll have. Having all the facts before you will usually lead to better decisions.

Make smart choices from every food group. No additional comment is necessary on this point. Just study the information below, excerpted from the "Finding Your Way to a Healthier You" pamphlet for clear, concise and easily applied advice on making every bite count. Remember "It's your choice, make it healthy!"

Mix up your choices within each food group.

Know the limits on fats, salt and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and trans fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Focus on fruits. Eat a variety of fruits – whether fresh, frozen, canned or dried – rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need two cups of fruit each day (For example: one small banana, one large orange and one-quarter cup of dried apricots or peaches).



Vary your veggies. Eat more dark green veggies, such as broccoli, kale and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils.

Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day. One ounce is about one slice of bread, one cup of breakfast cereal or one-half cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats or corn are referred to as "whole" in the list of ingredients.

Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. And vary your protein choices – with more fish, beans, peas, nuts and seeds.

Get your calcium-rich foods. Get three cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/or low-fat cheese (1 1/2 ounces of cheese equals one cup of milk) – every day. For kids aged 2 to 8, it's two cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a five-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$2,700 annually for a family of four.



## Service News



### Predator reaches initial operating capacity

The MQ-1 Predator unmanned aerial vehicle was officially declared operationally ready by receiving its IOC designation, Tuesday by Lt. Gen. William Fraser III, vice commander, Air Combat Command, Langley Air Force Base, Va. The milestone was reached after the MQ-1 completed 11 requirements including supportability, maintainability and aircraft and parts availability.

The IOC declaration indicates the MQ-1 has completed its testing and achieved predetermined capability and supportability thresholds, and continues on its path to achieving full operational capability, officials said.

Initially fielded as the RQ-1, an advanced concept technology demonstrator, the Predator was first used in the Balkan theater in the mid-1990s. Over time, the aircraft has undergone various upgrades to improve its combat effectiveness. The MQ-1 version is equipped with advanced sensors and armed with AGM-114 Hellfire missiles.

### Cadet research helping NASA

Academy Research at the U.S. Air Force Acad-

emy is helping NASA shuttles return to space.

The shuttle program has been landlocked since the Feb. 1, 2003, loss of the Space Shuttle Columbia.

This academic year, the academy is assisting NASA's return-to-flight program by using the skills of instructors and cadets to put a model of the space shuttle through its paces in the aeronautics department wind tunnels.

That research includes the impact of leading edge damage on the shuttle's wings, said Cadet 2nd Class Matt Karmondy.

"The objective was to see if leading-edge damage would adversely affect lift, drag and stability of the shuttle after reentry," he said. "It turned out certain damage configurations did raise some concern, and further investigation will be conducted to see if the shuttle has the capability to overcome stability issues caused by wing-leading edge damage."

The research is being accomplished in the academy's aeronautics research center. This 38,400 square-foot facility houses world-class experimental and computational facilities, including five wind tunnels, officials said. NASA provided a 1/60 scale model

of the shuttle for use in the academy's subsonic wind tunnel. This tunnel simulates speeds of 50 to 600 feet per second, officials said.

### Navy leadership encourages task force uniform

Sailors in the Pentagon and nearby Navy Annex have been testing new service uniforms as part of Task Force Uniform.

Now three months into the test, these Sailors have started to form opinions on what they like and don't like and are realizing the important role they play in the task force.

Navy's top leadership has been strongly endorsing Sailor participation and input in the test. They hope to end the test period with a uniform choice that truly fits the needs of today's Sailors.

While the service uniform is being tested in the Pentagon and Navy Annex, Task Force Uniform is also conducting testing out in the fleet for the concept Navy Working Uniform; the blue, black and gray camouflage uniform. There are two versions of the camouflage being tested by Sailors ranking E-1 through O-10.

# Ultimate sacrifice paid in support of OIF

**Sgt. Nicholas J. Olivier**, 26, of Ruston, La., died Feb. 23 in Baghdad, Iraq, when an improvised explosive device detonated while he was on foot patrol. Olivier was assigned to the Army National Guard's 3rd Battalion, 156th Infantry Regiment, Pineville, La.

**Staff Sgt. Eric M. Steffeney**, 28, of Waterloo, Iowa, died Feb. 23 in Tuz, Iraq, when an improvised explosive device detonated. Steffeney was assigned to the 184th Ordnance Battalion, 52nd Ordnance Group, Fort Bragg, N.C.

**Spc. Michael S. Deem**, 35, of Rockledge, Fla., died Feb. 24 in Baghdad, from non-combat related injuries. Deem was assigned to the Army's Special Troops Battalion, 3rd Infantry Division, Fort Stewart, Ga. The incident is under investigation.

**Staff Sgt. Alexander B. Crackel**, 31, of Winstead, Bedford, United Kingdom, died Feb. 24 in Al Anbar Province, Iraq, from injuries sustained from enemy small arms fire. Crackel was assigned to the Army's 1st Battalion, 9th Infantry Regiment, Camp Hovey, Korea.

**Spc. Jacob C. Palmatier**, 29, of Springfield, Ill., died Feb. 24 in Muqadiyah, Iraq, when an improvised explosive device detonated near his military vehicle. Palmatier was assigned to 1st Battalion, 30th Infantry Regiment, 3d Brigade, 3d Infantry Division, Fort Benning, Ga.

**Staff Sgt. Daniel G. Gresham**, 23, of Lincoln, Ill., died Feb. 24 in Camp Wilson, Iraq, when a second im-

proved explosive device detonated while he was responding to a first device. Gresham was assigned to the 797th Ordnance Company (Explosive Ordnance Disposal), 79th Ordnance Battalion, 52nd Ordnance, Fort Sam Houston, Texas.

**Pfc. Chassan S. Henry**, 20, of West Palm Beach, Fla., died Friday in Ramadi, from injuries sustained from an explosion while he was conducting combat operations. Henry was assigned to the Army's 1st Battalion, 9th Infantry Regiment, 2d Infantry Division, Camp Hovey, Korea.

Three Soldiers died Friday in Taji, Iraq, when an improvised explosive device detonated while they were on dismounted patrol. Killed were **Spc. Adam N. Brewer**, 22, of Dewey, Okla., **Spc. Jason L. Moski**, 24, of Blackville, S.C. and **Spc. Colby M. Farnan**, 22, of Weston, Mo. Brewer was assigned to the 2nd Battalion, 7th Cavalry Regiment, Fort Hood, Texas. Moski and Farnan were assigned to the 4th Battalion, 1st Field Artillery, Fort Riley, Kan.

**Lance Cpl. Andrew W. Nowacki**, 24, of South Euclid, Ohio, died Saturday from wounds received as a result of hostile action in Babil Province, Iraq. He was assigned to Marine Forces Reserve's 2nd Battalion, 24th Marine Regiment, 4th Marine Division, Erie, Pa.

Two Soldiers died Saturday in Abertha, Iraq, when an improvised explosive device detonated while they were on patrol. Both Soldiers were assigned to the

Army's 6th Squadron, 8th Cavalry Regiment, 4th Brigade, 3rd Infantry Division, Fort Stewart, Ga. The Soldiers are **Pfc. Min S. Choi**, 21, of River Vale, N.J. and **Pvt. Landon S. Giles**, 19, of Indiana, Penn.

**2nd Lt. Richard B. Gienau**, 29, of Peoria, Ill., died Sunday in Ar Ramadi, Iraq, from injuries sustained when an improvised explosive device hit his military vehicle. Gienau was assigned to the Army National Guard's 224th Engineer Battalion, Burlington, Iowa.



# Thunder Mountain 5K/10K runs set for March 19

It's time to sign up for the Thunder Mountain 5K/10K Event, to be held starting at 7 a.m., March 19.

The 5K and 10K runs are open to everyone. Participants may compete in one of the following categories: active duty military male or female; open division male or female; and master's division (age 40 plus) male and female.

Entry fees will be as follows for the 5K run: active duty military, with

souvenir shirt, \$15; active duty military, without souvenir shirt, \$7; civilian, with shirt, \$17; and civilian, without shirt, \$9.

Entry fees for the 10K run will be: active duty military, with shirt, \$18; active duty military, without shirt, \$11; civilian, with shirt, \$25; and civilian, without shirt, \$15.

The 10K and 5K competitive runs will both begin at Barnes Field House. Final deadline to sign up is 6:30 a.m., the day of the runs.

Entry forms for the event are available at Barnes Field House, Eifler Fitness Center, or on the Internet at <http://active.com/>.

Visitors and guests to Fort Huachuca are reminded to use the main gate, and to allow extra time for the issuance of a pass to enter the fort.

For more information, contact race director Kathy Gray at 533-0041 or e-mail [kathy.gray@hua.army.mil](mailto:kathy.gray@hua.army.mil).



## Summer hours start today at MVGC

Mountain View Golf Course will begin their summer hours today. MVGC is now open 7:30 a.m. - 6 p.m., seven days a week. For more information, call 533-7088.

## 'Gimme Five' Concert tomorrow

Thunder Mountain Activity Centre will host the "Gimme Five" rock concert, featuring five live bands, at 7 p.m., Friday.

Headlining the show will be southern California pop-rock quartet, "Jupiter Sunrise." Their first national release, "Under a Killer Blue Sky," is in stores now.

Amanda Rogers, a solo pianist/vocalist who is currently touring with Jupiter Sunrise, will also be on stage at Gimme Five.

Also performing will be Fort Huachuca's own "From the Ashes," winners of the best rock band category, and second place, overall, in the Department of the Army 2004 Battle of the Bands.

The fourth band will be Phoenix-based "Radiance." Instead of restricting themselves to one style of music, Radiance creates a sound that stretches over the likes of reggae, rock, metal, funk and punk.

"Ethos," the 36th Army punk/rock band, will round out the Gimme Five concert.

The doors will open at 6 p.m. The concert is open to the public and all ages are welcome to attend. Admission will be \$5 at the door.

## Jeannie's Diner specials this month

During March, Jeannie's Diner is offering a green chili burger with white American cheese as their special burger-of-the-month.

The diner also offers a different lunch special daily. Some of the lunch specials offered during March include: corned beef and cabbage; BBQ beef sandwich; chicken fajitas; lasagna; and chicken/bacon/ranch wrap. A 16-ounce, non-alcoholic beverage is included with all specials.

Jeannie's Diner also prepares take-out orders. Call 533-5759 to order for pickup.

## March special at MWR Rents

Beginning Tuesday, MWR Rents will offer the following special for the month of March: rent a 5-by-10-foot pontoon boat or a water mouse for the

discounted price of \$30 for any weekend.

For more information, call MWR Rents at 533-6707.

## Scotch Doubles tourney March 12, 13

Desert Lanes will host a Soldiers' Scotch Doubles Tournament starting at 1 p.m., March 12 and 13. The tournament will match Soldiers, in a blind draw, with members of the Sierra-Huachuca Bowling Association and the Sierra-Huachuca Women's Bowling Association.

Entry fee is \$9 for active duty and \$12 for bowling association members. There will be 100 percent prize fund payback.

Active duty military who are members of either SHBA or SHWBA must bowl as members.

Soldiers who want to register for the tournament, or anyone who would like more information, should call Desert Lanes at 533-2849.

## Winter Chain Trap Shoot March 14 - 20

The Sportsman's Center will host the Arizona Winter Chain Trap Competition March 14-20. Each day, 100 shooters will participate. The competition is open to spectators.

For more information, call Mick Gue at 533-7085.

## Spring Festival vendor aps available

Vendor applications are now available for the 2005 Spring Festival, to be held April 29, 30 and May 1 at the R.L. Anderson Special Events Park, Fort Huachuca. The festival is open to the public.

Family readiness groups, private organizations, food, craft and other vendors are encouraged to take part in this money-making opportunity.

Applications can be picked up at Barnes Field House, and must be postmarked before April 8. Call Karlie Jo Hale at 533-3858 or 266-0253 for more information.

## Sign up for adult lifeguard class

The Sports and Fitness branch of MWR will offer a lifeguard class for ages 15 and up, March 15, 17, 19, 20, 22, 24 and 26 at Barnes Indoor Pool. Sign-up is currently open for the class.

Cost of the class will be \$150. Students who successfully complete the class will receive lifeguard certification, first aid and CPR for the professional rescuer.

The lifeguard class is open to the public. For more

information or to register, call 533-3858.

## Free admission to theme parks

Anheuser-Busch presents "Here's to the Heroes," now - Dec. 31. The program is a salute to the men and women of our armed forces and their families. Members of the military and as many as three direct dependents may enter Anheuser-Busch's SeaWorld, Busch Gardens or Sesame Place parks free of charge.

The SeaWorld parks are located at Orlando, Fla.; San Diego, Calif.; and San Antonio, Texas. Busch Garden's parks are located at Williamsburg, Va. and Tampa Bay, Fla. Sesame Place is a pre-school park, located in Bucks County, Pa.

Stop in at MWR Box Office for more details on this exciting free offer for members of the military and their families.

The following are some of the other special offers that the MWR Box Office currently has available:

- The 17th Annual Arizona Renaissance Festival is being held 10 a.m. - 6 p.m., weekends, now through March 27, at Apache Junction, Ariz. You can save by purchasing discounted tickets for this event at the MWR Box Office.

- The box office has tickets for events scheduled at the Tucson Convention Center including, Saturday, BB King in concert; April 1, comedian Brian Regan; and April 2 and 3, Les Sylphides ballet.

TCC event tickets may be purchased at the Box Office 10 a.m. - 4 p.m., Monday - Friday only.

Call 533-2404 for more information on any of the above offers, or drop by the MWR Box Office to see what they can do to assist you. The facility is located in Building 52008 on Arizona Street, across from the commissary, between the MWR Arts Center and Carlson Wagonlit Travel. Their hours of operation are 9 a.m. - 5 p.m., Monday - Friday.



# Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the Web at [mwrhuachuca.com](http://mwrhuachuca.com).

# The Scout TimeOut



## Movies

Coach Carter plays at 7 p.m. today at Cochise Theater. For the complete listing of this week's movies, see Page 28.

## Post TKD team wins gold in Phoenix

BY SPC. JOY PARIANTE  
SCOUT STAFF

Fort Huachuca's Taekwondo team brought home gold when they competed in Phoenix on Feb. 19.

Bill Shumsky, health systems specialist at Raymond W. Bliss Army Health Center, came in second for his weight class in sparring, and Dar'ya Grozovskaya, 504th Signal Battalion's paralegal specialist, took first.

Shumsky took gold at the U.S. Nationals Taekwondo Tournament in November.

For Grozovskaya, this competition marked her first time in the ring while practicing taekwondo.

Grozovskaya has been involved in various forms of martial arts since age 13, but only became involved in taekwondo in August. "I'm used to different styles of fighting," she said. "It [this competition] was mentally stressful because I didn't want to get disqualified."

The rules of fighting vary between different martial arts styles, Grozovskaya explained, so certain techniques she's used to using aren't allowed in this sport. "I have to work on trying to break my kickboxing habits," she said.

Grozovskaya's fight was called about 30 seconds into the first of three, two-minute rounds. Grozovskaya said she is good at reading an opponent's abilities and within her first two or three kicks, she

knew the match was a win.

"It gave me a lot more confidence," she said. Following a left leg kick to the face, Grozovskaya's opponent began crying and the match was called. "I think the finish was a surprise for myself and everyone else," she said. "I was a little disappointed that there wasn't more competition."

Shumsky, 46, saw himself at a bit of a disadvantage when he was pitted against a 22 year-old opponent.

"It's really difficult to try to match speed with someone who's 24 years younger than you," he said.

Watching other competitors – particularly demonstration teams from Korea – helped Shumsky gain a better understanding of the whole concept of the sport, from forms to board breaking to sparring, he said.

"They both played as well as they could play and that I'm very proud of," Coach Howard Clayton, the installation's operational law attorney said. "Regardless of the caliber of their opponent, they played the best match they could play."

Competitive taekwondo is leading these two athletes in very different directions. Shumsky hopes to compete at the international level in the Ultra Division, (ages 33 and older). He said he has realized the

See **GOLD**, Page 29



Photo by Spc. Joy Pariente

**All Army hopeful Dar'ya Grozovskaya practices sparring techniques with coach Howard Clayton.**



Photo by Elizabeth Davie

## Sign here

**Alexandra LaRoe, 6, who is in Marian Scott's kindergarten class at Myer Elementary practices sign language with the class. Scott's teaching assistant Cindy Alleman is teaching the class the alphabet in sign language.**

## Controversy on the court

SPC. MARCUS BUTLER  
SCOUT STAFF

A Commander's Cup basketball game ended in controversy Friday night when the U.S. Army Garrison basketball team walked off the court in protest over the officiating at Barnes Field House.

The action resulted in a game forfeit by one of the league's best teams.

"We hate to win like this, but a win is a win," said Crawford Clark, one of the leading scorers for Charlie Company 304th Military Intelligence Brigade, USAG's opponent in the Commander's Cup match-up.

USAG drew 13 fouls during the game's first half, compared to two fouls for Company C 304th. By the time the game ended, the tally was 21 fouls called on USAG to four on Company C 304th.

"I tried to play through it, but that was pretty much impossible," USAG's power forward Knowle Dials said.

The half ended with the score USAG 21, Company C 304th 27. The game ended with 1:42 left when the USAG team left the court with the score reading Company C 304th 41 and USAG 36.

"We could not play like this any more," said Claude Woodson, player/coach for USAG.



Photo by Spc. Marcus Butler

**Albert Hill goes up for a layup.**

## Fit For Life

## Dealing with foot, lower leg problems

BY GEORGE R. COLFER, PH.D.

CONTRIBUTING WRITER

Your feet are critical to your athletic performance. Foot gear includes military boots, hiking boots, running shoes, cycling shoes and other types of footwear.

Even in the so-called age of mechanized military, the infantry and many other military occupational specialties rely on the feet as a primary mode of movement. It's been stated that a person's legs and back are only as good as the feet! In the best of situations and even with proper gear, foot and lower leg problems can still occur. It becomes important not to shortchange your selection method for footwear.

The foot consists of 26 bones, 19 large muscles and more than 100 ligaments plus tendons to make up its structure. Ligaments connect bone to bone, while tendons connect muscle to bone. The bones below the ankle joint consist of seven tarsal bones; the calcaneus (heel), talus, navicular, cuboid and three cuneiforms. There are five metatarsals (long bones of the foot) and 14 phalanx (bones of the toes).

The main causes of foot problems are poor footwear, overuse, improper mechanics and foot stress caused by ex-

cessive weight loads. In some cases, a person might have one foot that is larger than the other or one leg that is longer than the other. This can make selecting proper footwear much more difficult.

Podiatrists are physicians specializing in foot care. Physical or sports medicine physicians would be another source of assistance along with physical therapists and athletic trainers, especially those with biomechanical training.

Some less complex, but still painful and temporarily disabling conditions are blisters, bunions, athlete's foot, corns, calluses, flat feet, fallen arches and bruised heels. Some may be self-treated to some extent, but if they persist, one should seek medical treatment. Often by changing footwear, eliminating the cause, and using over-the-counter products, these conditions can be alleviated without the loss of work or training time.

More serious conditions do occur. Three major ones are as follows.

1. Achilles tendonitis is the inflammation, strain or tearing of the Achilles tendon located above the heel. Symptoms are pain, tenderness and swelling at the site. Pain is greatest upon flexing or extending the ankle as in walking, running and jumping, etc. It can be a disabling condition.

2. Plantar fasciitis is the inflammation, strain or tearing of the plantar fascia located in the bottom of the foot (longitudinal arch region). Its symptoms include pain and tightness in the foot arch and heel area. Severe, burning type pain is often felt on the heel bottom. Pain may be worse in the morning. It is rarely completely disabling, but can be very painful and hurts performance.

3. Shin splints can occur in the medial or anterior portion of the tibia. It is the strain or tearing of the soft tissue on the bone edges. One explanation is a tearing of the microfibers attaching muscle to bone causing a partial detachment of the muscle from the bone. Its symptoms are mild to severe pain running up or down the medial and/or anterior edges of the shin (tibia) about 3 to 6 inches vertically. It is rarely completely disabling, but definitely hurts performance.

First response treatment for all would be rest (if possible) and ice. Try to eliminate the cause. Sometimes taping by a trainer can help. Heel lifts may help shin splints and Achilles

tendonitis. Commercial foot beds with good arch support may help plantar fasciitis. Change your footwear if that may be a cause. If symptoms get worse, seek medical help. Another condition known as a stress fracture may occur unknowingly in the bones of the foot and lower leg. The symptoms may be similar, but a stress fracture must be diagnosed and treated by a physician.

Prevention should always be a primary concern as many of these conditions may be prevented. Stretching exercises, especially for the Achilles tendon and calf muscles, should be utilized prior to and after activity. The use of good footwear with proper cushioning and support is essential. Running without proper warm-up, on hard surfaces and in cold weather may also be factors. Tired legs usually cause poor running posture (see the Scout, Vol. 50, No. 1, Jan. 8, 2004, Page B6) and of course, if leg strength is not equal to weight loads, then the feet and lower leg bear the effects.

A major step in prevention is the careful selection of your footwear. Comfort and fit should be of primary importance over such factors as style and cost. Some shoe types are not meant for certain activities. For example, running shoes are not good cycling shoes since cycling requires a hard, firm sole with no flex to generate pedal pressure and, of course, you would not want to run in cycling shoes. Court shoes are meant for basketball, racquetball and other court sports. Interchanging shoes will not always cause injury, but may still affect performance.

Be sure to choose socks that "wick" moisture and absorb foot perspiration. Practice good foot hygiene. Keep your feet clean and dry. Use moisturizing lotion after bath or shower, but not before activity. Keep your toenails trimmed, and prevent heel cracks. If commercial foot aids are called for, shop carefully, and make sure you select what works best. This includes foot beds or innersoles, heel lifts, arch supports and foot orthotics.

Finally, and especially in the military where excessive weight loads are common, foot problems may also affect one's knees, hips, lower back and neck as well. It is easy to see why foot care becomes quite important in maintaining total body productivity.



## Get a healthy taste, it's National Nutrition Month

CAPT. JENNIFER L. RODRIGUEZ

RAYMOND W. BLISS ARMY HEALTH CENTER

Eat right, exercise and stay healthy! How many times do you hear this advice and think, "That's easier said than done?"

March is National Nutrition Month and a perfect time to make healthy lifestyle changes. This year's theme is "Get a Taste for Nutrition" and includes messages about variety, moderation, balance, and activity.

With all the information out there, how can you know what's true and what's hype? Here are some general guidelines to help

get you started towards good health and happiness.

Be adventurous and expand your horizons. Eating the same foods day in and day out cannot only get boring but can also limit your intake of certain nutrients, vitamins, and minerals. You know the saying, "variety is the spice of life." Make food choices based on flavor, texture, and color. Try a new food each week and keep your taste buds guessing.

Moderation is the key to healthy living. This is especially important when eating healthy. Too often we label foods "good" and "bad" when instead we should focus on the big picture of sensible eating. You can enjoy

all your favorite foods, just be sure to eat smaller amounts of the "not so healthy" choices. Choose foods that will provide more nutrition bang for your buck!

Balance helps the gymnast stay on the beam, keeps our bank statements in harmony and prevents our tires from bouncing. When it comes to food, balance ensures we meet all of our nutrient needs, helps us maintain a healthy weight, and improves our health. Balance the right number of calories with activity, and you are headed in the right direction for improved health.

Being more active is as easy as taking the stairs or walking

your dog. It's no secret the benefits exercise provides: improved heart health, stress reduction, weight management and improved sleep habits.

Get started today by choosing an activity you enjoy and one that fits your lifestyle. Find a workout "buddy" to help you stay on track and make an appointment with yourself to exercise everyday.

One of the best ways to challenge yourself is by clipping on a pedometer and watching those numbers climb. Aim for a minimum of 10,000 steps per day which is about five miles. This will help you get started towards a more active lifestyle with im-

proved health.

Remember, small steps lead to big results. You can achieve optimal health with healthy eating and daily activity. Take the first step today; I know you can do it! For more information on National Nutrition Month, talk to a registered dietitian or visit the American Dietetic Association Web site at [www.eatright.org](http://www.eatright.org). Happy Eating! Look for the new "Ask the Dietitian" column starting in March.

(Editor's note: Rodriguez will be contributing a regular column on good nutrition for the Scout. Readers are encouraged to submit questions to: [jennifer.rodriguez1@us.army.mil](mailto:jennifer.rodriguez1@us.army.mil).)

# Arizona Tourist

## Bisbee, a hidden treasure just 30 minutes away

BY AMANDA KEITH  
SCOUT STAFF

Tired of the daily Fort Huachuca grind? Check out Bisbee, a little town buried in the mountains just 30 minutes away.

Originally a mining town, Bisbee has since become a well-known artists' community whose architectural and historic heritage has been preserved, Jennifer L. Graeme, a Bisbee historian, said.

Nestled in the Mule Mountains, Bisbee has grown past its mining roots and become a town of unique atmosphere.

"Bisbee is the opposite of mainstream," Matt Jarboe, of Tucson, said. "When you're tired of shopping at the mall or Wal-Mart, you go to Bisbee."

Bisbee offers a lot for such a little town. If antiquing is your

passion, Bisbee is loaded with antique stores; Pentimento, Bisbee Antiques and Collectibles, and Hidden Treasures are just a few of the antique stores located in the heart of Historic Bisbee.

Art galleries are Bisbee's specialty; whether you're looking for American Indian artwork, copper art or unique but functional furniture. Locally-based artists are typically featured at art galleries, and most galleries sell a variety of items, including greeting cards, clothing and figurines.

Shopping isn't the only thing to do in Bisbee. The community typically hosts many cultural events for locals and tourists. "Closer than Ever," a musical performed by the Up Your Alley players, is scheduled to run throughout March. On St. Patrick's Day, the town will be hosting an art



Photos by Amanda Keith

**Mining operations closed in 1974, but the Lavender Pit is still a draw for tourists.**

auction and the Arizona Humanities Council will hold speaking events about local American Indian tribes every Wednesday throughout the month of March.

Dining out is another experience for Bisbee tourists. The town offers a range of restaurants, from the intimate and upscale Café Roka and the Copper Queen Hotel to the personal and inexpensive experience of Café Cornucopia and Peddler's Alley. Regardless of the size of your wallet, Bisbee can be both affordable and luxurious.

Since it's so close to the fort, most people visit the town just for the day, but Bisbee does have an assortment of lodging accom-

modations, from a basic motel to suites located in the Historic District. It's also home to the famous Copper Queen Hotel, which has been in business since 1902.

The community also offers museums that showcase its significance in the history of the American West. The Muheim Heritage House is a restored 19th century home that allows visitors to take a guided tour through the past. The Bisbee Mining & Historical Museum traces the town's mining history and features an exhibit detailing the importance of copper "through a variety of interpretive media," according to [http://](http://www.bisbeemuseum.org/www/digging_in/)

[www.bisbeemuseum.org/www/digging\\_in/](http://www.bisbeemuseum.org/www/digging_in/).

Visitors to Bisbee are also offered a first hand look at the mining process with the Queen Mine Tour.

Another must-see attraction is the Lavender Pit, located on Highway 80, just south of the Historic District. Named in honor of Harrison Lavender, who began digging for copper there in 1951, the Lavender Pit is 950 feet deep and offers one view of Bisbee's history that shouldn't be missed.

For more information on lodging, attractions, dining and shopping, visit Bisbee's Web site at <http://www.bisbearizona.com/>.



**The Bisbee "B" overlooks the historic district of Old Bisbee.**

## Whitewater Creek journey

Sierra Vista Parks and Leisure Services is holding a Whitewater Creek, New Mexico, journey March 19 from 7 a.m. – 5 p.m. For more information, call the Oscar Yrun Community Center at 458-7922, the Ethel H. Berger Center at 417-6980 or the Sierra Vista Aquatic Center at 417-4800.

## St. Patrick's Day parade

The 6th annual St. Patrick's Day parade will be held at noon March 12 starting at the corner of 7th Street and Fry Boulevard.

Anyone interested in participating in the parade can call Catherine Donovan at 458-8100 or e-mail her at [donovanz@aol.com](mailto:donovanz@aol.com).

## B Troop seeks volunteers

Fort Huachuca's B Troop, 4th U.S. Cavalry Regiment (Memorial) is looking for volunteers. B Troop participates

in various parades and ceremonies both on post and nationally. They've been to the Orange Bowl Parade in Miami and Helldorado Days in Tombstone. Riding experience is not necessary and new troopers and ladies auxiliary hopefuls go through a ground and riding school prior to participation with the troop. For more information, call B Troop commander Jay Hizer 538-2566, B Troop 1st Sgt. Juan Villarreal 378-2367 or the B Troop office 538-2178.

## Sale at Sportsman's Center

The Sportsman's Center is offering 10 percent off all merchandise, including guns, ammunition; wild game calls, cleaning kits, and all other items in the pro shop. The sale will continue until all merchandise has been sold. For more information, call Mick Gue at 533-7085.

## Little League baseball registration

Registration for the Fort Huachuca Youth Sports Little League baseball program is now in progress and will continue through March 18. Youth wishing to participate can sign up at either the Youth Center or Murr Community Center.

Those registering should bring their birth certificate and a current sports physical.

The program is open to youth ages 5 - 15, whose parents are active duty or retired military, Department of the Army civilians, Nonappropriated Fund employees or contractor employees. Youth must also be members of Child and Youth Services. For CYS registration, call 533-0738.

Cost of the program is \$35 for the first child; \$30 for the second child; and \$25 for the third child in the same family.

Coaches are needed for all age groups. For more information, call the Youth Sports Office at 533-8168 or 533-3205. Opening day for the Little League baseball program is tentatively scheduled for April 16.

## Pets Of The Week



**Max is a two-year-old male white and brown tabby cat.**



**Vanessa is a one-year-old black and white, long haired, female cat.**

*These animals and more are available for adoption from the Fort Huachuca Veterinary Treatment Facility. For more information, call 533-2767 or visit [forthuachuca.petfinder.com](http://forthuachuca.petfinder.com). In accordance with Army regulation stray animals are kept for three working days to find an owner. After three days, they are either placed up for adoption or humanely euthanized. Strays are available for adoption for 30 days until they are euthanized.*

## At The Movies

Showing at the Cochise Theater for the next week are:

### **Today -7 p.m.**

Coach Carter  
PG-13

### **Friday -7 p.m.**

Alone In The Dark  
R

### **Saturday -7 p.m.**

Hide And Seek  
R

### **Sunday -2 p.m.**

Alone In The Dark  
R

### **Monday - Wednesday**

Closed

Reduced prices on Thursday evening and Sunday matinees.

## Watch CAC

For the latest news in the Fort Huachuca community as well as all of your military branches worldwide, the Commander's Access Channel (Channel 97) is your first and most reliable source. Tune in to our news block hours at four convenient times throughout the day. The Fort Report airs weekdays at 6 a.m., noon, 6 p.m. and 10 p.m. Army NewsWatch follows at 6:05 a.m., 12:05 p.m., 6:05 p.m. and 10:05 p.m. Catch Air Force TV News right after at 7 a.m., 1 p.m., 7 p.m. and 11 p.m. Be sure to top it all off with Navy/Marine Corps News at 7:30 a.m., 1:30 p.m., 7:30 p.m. and 11:30 p.m.

If you're interested in posting your message on the Commander's Channel, e-mail your request to [channel97@hua.army.mil](mailto:channel97@hua.army.mil).



**GOLD**, from Page 23

importance of mechanics in Taekwondo sparring, and he wants to work on his speed and endurance from now until the next national level competition.

Grozovskaya, 22, is vying for the All Army Taekwondo Team. In the eight weeks leading up to the All Army trials, she has a lot of physical and mental conditioning to complete.

“I have to prepare myself mentally and physically to the best of my abilities,” she said. “I have to work on strength and speed.

“I have to make sure I have all the basics covered solidly. Without the basics, you can’t progress or succeed.”

Training at the All Army level seems to be something to both work towards and to dread.

“All Army Taekwondo training is the most grueling of the All-Army sports,” Clayton said.

The coach believes the odds of his athletes making All Army are “very high.” The All Army Taekwondo coach, who is currently attending a school on post, has worked with the local team.

“The coach has been here and worked with our athletes and saw the effort they put out and the techniques that came out of that effort,” Clayton said.

Currently, every member of the post taekwondo team who has competed has medaled. For their next competition on March 5, the team heads back to Phoenix. Anyone with previous martial arts experience of any kind can join the post team. For more information, call Clayton at 533-0620.



Photo by Spc. Creighton Holub

### Sign of spring?

*Sometimes sports fans can get just a little bit carried away. Fort Huachuca is more than 2,400 miles from Boston and New York, but that didn’t stop some diehard fans at the 111th Military Intelligence Brigade from proving that come spring time, a young Soldier’s fancy turns to baseball. According to the command sergeant major, the sign’s emphasis changes from day to day depending on what fans last visited the marquis.*

Go Yankees!  
Red Sox Stink!  
Versus  
Go Yankees  
Red Sox! Stink!

*He also assured the Scout that the Yankees/Red Sox marquis melee would be ended before the paper went to press. I wonder if he’s a Mets fan.*